

## Palliative Pain & Symptom Management Consultation

Program: A program to assist service providers in Northeastern Ontario: LHIN 13

### Program Consultants:

**Vivian Papaiz** RN, BA,  
CHPCN(C), CCHN(C), CVAA(C)  
Program Manager  
P: 705 514-0137  
TF: 866 558-3255 x 2421  
F: 705 689-4596  
E-mail: [vivian.papaiz@von.ca](mailto:vivian.papaiz@von.ca)

For assistance in Timmins/Temiskaming/  
Cochrane Districts, please call:  
TF: 800 561-6551  
F:  
E-mail:

**Lisa Rowlinson** RN, CHPCN(C)  
Algoma District  
P: 705 942-8200 x 250  
TF: 800 561-6551  
F: 705-942-8874  
E-mail: [lisa.rowlinson@von.ca](mailto:lisa.rowlinson@von.ca)

**Debbie Sloss** RN  
North Bay/Parry Sound Districts  
P: 705 472-8050  
TF: 866 558-3255x8332  
F: 705 840-5363  
E-mail: [debbie.sloss@von.ca](mailto:debbie.sloss@von.ca)

**Elaine Klym**, RN CHPCN(C)  
Sudbury Manitoulin Districts  
P: 705 942-8200  
TF : 800 561-6551 X 300  
F: 705 942-8874  
E-mail: [elaine.klym@von.ca](mailto:elaine.klym@von.ca)

Site Lead Algoma (Supervisor) and program secretary:

**Kim Paradis**  
P: 705-942-8200 x 200  
TF: 800 561-6551  
F: 705 942-8874  
E-mail: [kim.paradis@von.ca](mailto:kim.paradis@von.ca)

Program administered by VON Algoma  
in collaboration with Maison Vale Hospice in  
Sudbury



HEALTH STARTS AT HOME



# Keeping Up

## Northeastern Ontario Palliative Pain & Symptom Management Consultation Services

Member of the Palliative Care Consultation Network

### SEASONS GREETINGS

You have probably heard the saying "Seasons Greetings" many times by now and will probably hear it a few more times in the next days. It is the time of year that is full of activity and it is promoted as being a joyous time. This is not always the truth for everybody, possibly including you.

It can be difficult because of loss in your life or some experiences that you have encountered. It could be something that you are going through in your personal life right now or someone that you are caring for. It may be that the person is close to the end of their life and this will be their last Christmas with their loved ones, if they make it. It may be that some of the people that you have been involved with, in this past year will be having this season without their loved one and you are thinking on how they will cope. The big issue is how you handle the season.

To be effective you need to care for yourself first and then you can look after others. Acknowledge if you have difficulty dealing with this time of year and look for the cause. If it is something in your personal life, then you talk to someone you trust regarding your feelings. In some cases, you may need to seek help from a counselling service. The hospice agencies usually offer holiday and bereavement sessions or have resource materials. If it is someone that you are providing care for, give

them ideas to help make this season a memorable one for them. If you need suggestions, contact your visiting hospice or the consultants can also assist with this. You need also to separate yourself from your "work". If it is someone that you have been involved with in the past year, you could send a card to let them know you are thinking of them. Another suggestion is to have a little ritual for those you have cared for, e.g. lighting a candle in memory of them, meditating, saying a prayer, even getting together with co-workers and having a little service. The main thing is that you don't deny your feelings. We are all human and it is natural to have feelings. Know your limits and what you can deal with at this time of year. It may be necessary to make some adjustments.

We need to care for our total being. Remember to get adequate sleep, eat healthy (so hard to do with all the treats), get physical exercise (in fresh air if possible), don't overindulge with alcohol and spend time with loved ones. It is so important to make good memories because we never know how long we will have with the ones we love.

Vivian, Lisa, Elaine, Christine, Debbie and Kim wish you Happy Holidays and look forward to assisting you in the New Year.

### Meet Your Consultant: Elaine Klym

Elaine Klym RN CHPCN(C) – It is nice to be back in a role that I enjoyed but sadly left almost 5 years ago. Maison Vale Hospice is working in collaboration with VON to house the PPSMC role out of the hospice. As the Director of Care and Outreach for the hospice, I have worked in Hospice Palliative Care for 15 years. I am a member of the Board of Directors of Hospice Palliative Care Ontario and previously on the board for the Ontario

Palliative Care Association. It was wonderful to see two organizations with similar missions come together to form 1 organization. I am currently also a student of Athabasca University working on the completion of my Bachelor in Nursing with a focus to pursue the Nurse Practitioner program in the future.

**Position available** – Palliative Pain & Symptom Consultant for Porcupine and Timiskaming Districts. If you are interested in an exciting employment opportunity, please send your resume to [vivian.papaiz@von.ca](mailto:vivian.papaiz@von.ca) For more information, please call 705-514-0137.